

How do you get wellness benefits?

Getting wellness benefits is as easy as 1-2-3. We'll tell you when the benefits are available. Then follow these steps.

1 Fill out a brief health survey each year.

Do it when you renew your eligibility. Your survey will not affect whether you get Medicaid. It will only tell us the benefits you need.

2 Call your primary care doctor. Set up a time for your wellness checkup. When you go in, talk openly with your doctor. Ask all your questions. Talk about any health concerns you have.

3 Follow your doctor's advice to help you get healthy.



Wellness Benefits

Here's a peek into the new health benefits from Idaho Medicaid! They're coming later this year.

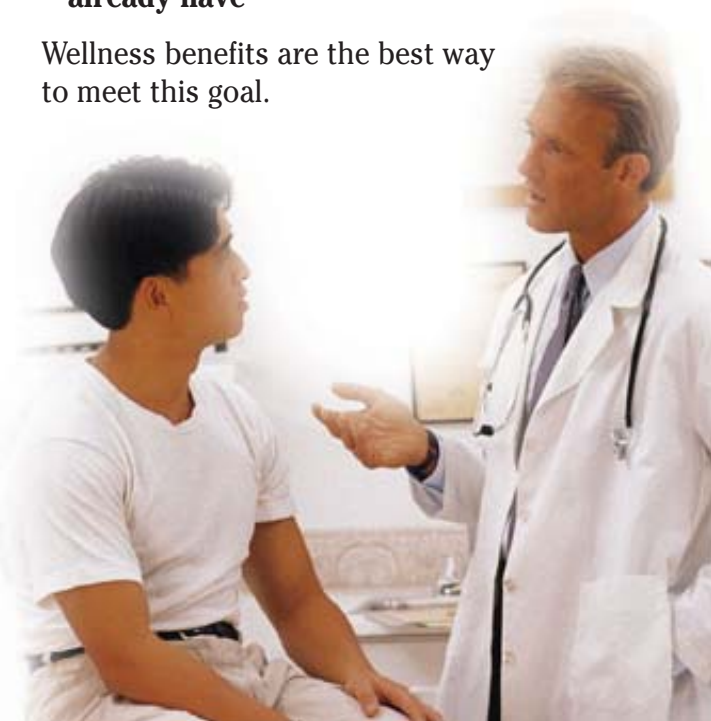
We are excited about our new wellness benefits! Right now, Idaho Medicaid only gives wellness checkups to eligible children. Soon, we'll pay for one wellness check a year for eligible adults, too.

Why are we making these changes?

We want you to get medical care that will:

- improve your health
- find new health problems early
- keep treating health problems you already have

Wellness benefits are the best way to meet this goal.



What are wellness benefits for children?

Babies need regular checkups. So do children and teens. We will still send you a letter at checkup time. It reminds you to call your child's doctor for a time to go in. Make use of these wellness checks. You will learn about your family's health. You'll have peace of mind, too. You'll know your family is getting the health care it needs.

Babies:

Your doctor can check how well your baby is:

- eating • growing • developing
- hearing • seeing

Your doctor can give the baby shots (vaccines) your child needs. The doctor also adds the vaccine history of your child to an Immunization Registry so you can easily track what shots they have had or need in the future.

Your doctor can check your baby for lead poisoning. Finding this early, by age 1, can prevent learning problems later in life.

Children and teens:

Your doctor can check how your child is growing.

Suppose your child is not growing as he/she should be. Early treatment for development or weight concerns may prevent problems later.

Your doctor can give your child the shots (vaccines) he or she needs. The doctor also adds the vaccine history of your child to an Immunization Registry so you can easily track what shots they have had or need in the future.

Your doctor can check your child for lead poisoning. This should be done at least once before age 6.

Your child can visit the dentist.

Your child can go to the eye doctor, too!

What are wellness benefits for adults?

Wellness benefits for adults will include a yearly checkup. Has it been years since you had a health checkup? Do you want to make sure everything is OK? A yearly checkup is a wellness benefit!

Are you thinking about losing weight? Do you want to stop smoking? Help with these is a wellness benefit!

Have you been skipping cancer checks? Are you unsure if Medicaid will pay for them? A check for some cancers is a wellness benefit! This may include a check for breast, cervical, or colon cancer. If you are enrolled in the Medicaid Basic Plan at your annual renewal, you will be eligible for these wellness benefits.

We want to help you be the healthiest you can be.

Why do we want you to get healthy?

Health and wellness are for everyone. Parents and grandparents need to be healthy. So do all caring adults. They are the best role models for children.

It doesn't matter how old you are. It doesn't matter what your health is like now. Each person who gets Medicaid can use these wellness benefits. They can help you get healthier. You need a healthy body and mind to meet each day's challenges.

Do you need another reason to use wellness benefits? How about this? Caring for yourself helps you care for your loved ones.

